“MENTAL HEALTH AND PEACE AWARENESS OF UNDERGRADUATE STUDENTS IN RELATION TO THEIR GENDER, LOCALE AND STREAM”

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DECLARATION

I hereby declare that the synopsis of thesis entitled **"MENTAL HEALTH AND PEACE AWARENESS OF UNDERGRADUATE STUDENTS IN RELATION TO THEIR GENDER, LOCALE AND STREAM"** to be submitted for the partial fulfillment of the Degree of Doctor of Philosophy is my original work and the dissertation has not formed the basis for the award of any degree, diploma, associate ship or fellowship of similar other titles. It has not been submitted to any other University or Institution for the award of any degree or diploma.

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CERTIFICATE

This is to certify that the synopsis of thesis entitled, **"MENTAL HEALTH AND PEACE AWARENESS OF UNDERGRADUATE STUDENTS IN RELATION TO THEIR GENDER, LOCALE AND STREAM"** is an original piece of work done by **Sapna Thakur** under my supervision for the degree of Doctor of Philosophy, in Abhilashi University Chail-Chowk Mandi H.P. I also certify that this work has not been submitted to any other University for a Ph.D. degree.

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1.1INTRODUCTION

"True peace is not merely the absence of tension; it is the presence of justice".

- Martin Luther King Jr.

This world is production of material atom. It is proved by modern science but Indian Darshan made it mixture of five elements. It has number of mysterious illusion. Man is considered the most supreme creature on earth made by God. He is the only creature who has power of thinking. He has the ability to develop his thinking and understanding power through experiences and education. Education plays an integral role in the harmonious development of the individual as it perform the task of showing him the right path in every phase of life. Education is vital for personal and societal advancement. It provides essential skill and knowledge, fostering critical abilities. Education also help us think better. It teaches us how to solve problems and make good choices. This make us smarter and able to handle challenges in life. Without education , its impossible to be successful and happy. Education is necessary because it helps people to connect with each other. Through education we learn about other countries, language, and cultures. This helps us respect other people and work together. Education brings peace and understanding between people.

Man is the unique creation of God. Man's happiness in life depends upon good mental health, vigor and vitality. It is needless to emphasize that mental health is important than physical health. Mentally healthy person become able to live prosperous life and also to be of service to his family, community and nation. Mental health can influence a person's day to day life, relationship, and physical health. Exterior factors in people's lives in relationship can also put up to their mental well being. Looking after one's mental health can help a person maintain their ability to enjoy life. This involves balancing their responsibility, activity and efforts to attain psychological resilience.

Peace education encompasses the key concept of education and peace. While it is feasible to define education as a process of systematic transmission of knowledge and skills, as well as of basic values and norms that are accepted in a certain society, the concept of peace is less clearly define. Many writers make an important

distinction between positive and negative peace. Negative peace is defined as the nonappearance of large scale physical violence the absence of the condition of war. Positive peace involves the development of a society in which, except for the absence of direct violence, there is no structural violence or social injustice. Peace education aims to help students acquire skills for active and responsible action in the society for the promotion of the values of peace.

1.2 CONCEPT OF MENTAL HEALTH

Mental health consists of two words: Mental and health. Health in general means good state or well being, or free from disease. A person can be considered physically healthy only when his body works properly and mentally healthy person considered only when his mind is calm and free from emotional disturbance. A person who maintain good relationship with himself and the people around him is mentally healthy Mental health is important because it helps us handle life with a smile. Mental health needs special attention. Just as Physical health is important for our life, mental health is also very important. Our mind remains mentally healthy through mental health. People tend to ignore the fitness of their mind. The 'world Mental Health Day' is celebrated on 10th October. The purpose of celebrating this day is to spread awareness on mental health all over the world.

1.2.1 Definitions of Mental Health

Various definitions are given by different scholars to explain the term mental health:

Cuttsand Moseley (1941) "Mental health as the capability to adjust satisfactorily to the different strains of the environment we meet in life and mental hygiene is the means we take to assure this adjustment."

KarlMenninger (1947)"An adjustment of human being to the world and to each other with maximum effectiveness and happiness."

Hadfield (1952) "Mental health is a full and harmonious functioning of the whole personality."

Robinson (1983)"A Dynamic state in which the thoughts feeling and behavior that is age appropriate and conjured with local and cultural norms is demonstrated.

The American psychiatric Association (2003) "Effective mental functioning is demonstrated through productive actions, maintaining healthy relationships with else, and the capacity to adapt to change and handle challenges."

In the given definitions, mental health can be understood as a dynamic and holistic state of well-being that enables individuals to adapt to challenges, maintain harmonious relationships, and function effectively in their environment. It encompasses emotional, psychological, and social stability, highlighting the importance of mental hygiene and cultural adaptability in ensuring overall health.

1.2.2 Characteristics of Mentally Healthy Person

The following points explain the characteristics of mentally healthy person:

1. Such people who are aware of their strength and shortcoming are mentally healthy.
2. It is difficult to achieve mental health without physical health.
3. Abilities to make adjustment with society.
4. Person with healthy mind understand the problems of others.
5. Mentally healthy people stay away from various kinds of emotions like obsession, depression, compulsion, excessive, anxieties, frustrations, conflicts, disorders and ailments
6. Emotionally mature and static is attribute of a person. His emotions are controlled and well trained.
7. They Can solve his and other persons problems..
8. A healthy individual have positive attitude.

   Mentally healthy person has self-esteem, the capability to cope with emotional, anxiety and problems. He also remains happy and positive and maintains good relationships with others.

1.2.3 Factors influence Mental Health

Mental health is the capability to maintain adjustment with difficult situations. Mentally healthy people able to adjust himself with his environment and attempt for the progress of himself, his family and Society. There are both

favorable and unfavorable factor which affect mental health of individual. There are:

1. **Heredity factors**

   It provides the basic material or the potentialities of the person.It sets the limit of his mental health investigation have shown that heredity may predispose a person to the development of a particular type of mental illness when he is placed under excessive stress. In the words if Wallin," Defected heredity may furnish a fertile soil for the development of mental and nervous diseases but so far as minor personality maladjustments and concerned heredity supplies only a predisposing condition."

2. **Physiological factors**

   Physiological factors' such as negative thinking patterns, low self esteem and copying skills,Contribute to the development of mental health disorders.

3. **Social factors**

   Each individual is born into a society which influences the content of his behavior. In the influence of society on the children is not favorable, and then he become mentally ill. there pervades struggle for existence in the modern life. Man generally feels insecure. The rate of national development is so slow that when finds it difficult to live life in the present times. It enhances mental tension.

4. **Environment factors**

   These include exposure to poverty violence equality and environmental deprivation.

5. **Lifestyle factors**

   Lifestyle factors such as diet exercise, sleep substance abuse and stress management can impact mental health poor Lifestyle habit can impact mental health for Lifestyle habits can raises the risk of developing mental health problems.

6. **Financial factors**

   Financial problems unemployment and loss of a business can negatively impact on mental health.

7. **Cultural factors**

   Such as value belief and tradition can influence Mental Health cultural stigma and discrimination can also contribute to the development of Mental Health disorder.

8. **Family factors**

   A child's development begin in family. The changed social opinions affect family. Family disintegration is the major factor. When both father and mother are employed the condition of the child is very worst. About 80% mental illness in India is due to poverty. Tension is one of the major important factor in the mental illness of the children.

9. **Influence of school environment**

   Mental health is significantly impacted by this factor. When students feel insecure at school, they are often overwhelmed by anxiety and fear. The misalignment between educational goals and the curriculum leads to various developmental matter that are difficult to resolve and can cause mental stress.

Hence, Mental health is influenced by different factors. These may be internal or external. For good mental health the child has both physical and emotional security. An individual can enjoy good mental health only when he is cautious about his mental health and know its value.

1.2.4 Importance of Mental Health

Person’s mental health is very important at every stage and to lead a happy and peaceful life. It can be explained with the help of following points:

1. Mental health helps in developing a well adjusted personality.
2. Good connection between emotional behavior and mental health. People who have good mental health are also expected to display good emotional maturity in their behavior.
3. Good mental health helps a person to be sociable in society and build good social relationship.
4. People who have good mental health are found to follow the moral rules of the society with honesty.

5. Mental health helps a person to make proper efforts to achieve the best of his life.
6. Mental health helps a person to avoid mental disorders.

Mental health and physical health both are very important which affects the way we act, feel and think. So we should take mental health seriously and understand its importance so that we can live an efficient and healthy life.

1.3 CONCEPT OF PEACE

Peace means living together without violence. It is very necessary for person's growth and development. Every religion in this world teaches us to reside in peace. Peace can help in getting inner satisfaction and peace promotes unity among people when there is unity among people they live happily. It is also known that human beings pay much interest in peace from antiquated time until now. It can be stated that peace is the main and highest goal or hope that everybody wishes to acquire personality and expects to be created in society and in the world. There are two common conception of peace- negative and positive peace. Negative peace is well known as the absence of violence and the absence of the fear of violence while positive peace is determined as the attitude, institutions and structures that create and sustain peaceful societies.

1.3.1 Definitions of peace

Several authors have define peace in following ways :

Albert Einstein (1940) "Peace is not only the lack of war but the existence of justice, of law, of order- in short of government."

Joban Galtung (1969) "Peace is the absence of physical structural violence."

Delia Mammon (n.d.) "Peace is the ongoing efforts to be in the harmony with other, nature, and oneself. It can be innate or cultivated through emotional release and willpower."

In the above definitions, we can say that peace is important to control to evils in our society due to which our society is getting destroyed. We can manage them better with the help of peace.

1.3.2 Concept of Peace Awareness

Peace awareness pertains to the knowledge of the skills and processes required to attain worldwide peace. Peace itself is a wide-ranging concept, encompassing not only the absence of conflict or violence but also the presence of harmony, security, and mutual understanding. we can attained peace awareness through peace education.

Peace awareness can also include inner peace, social peace and peace with nature :

1. Inner peace is peace with self.
2. Social peace is 'learning to live together.
3. Peace with nature refers stopping the violation of her dignity through environmental and ecological degradation, exploitation.

1.3.3 Definitions of Peace Education

Peace education is a multidimensional concept that focuses on fostering values, attitudes, and skills necessary for building a peaceful society. Scholars and educators have defined peace education in various ways, emphasizing its role in conflict resolution, social harmony, and global citizenship. So we can understand peace education via some definitions given below**:**

John Galtung (1964)"Peace Education is the pedagogical efforts to create a world at peace. By peace we mean more than the absence of violence (Positive and Negative)."

R.D. Laing (1978)"Peace education aims to address issues of conflict and violence, spanning from global and national levels to local and personal ones."

Betty Rearden (1988) "Peace education is the learning process to contribute to peace and develop a planetary consciousness."

Mary Lee Morrison (2012) "Peace education point out both the value and the risk of disputation and social change."

In the above definitions, peace education is important for peace awareness. It involves both external conditions, such as societal order and law, and internal states, like emotional balance and coexistence. Peace requires continuous effort, education, and awareness to be cultivated and sustained.

1.3.4 Factors Affecting Peace Awareness

There are few factors which affect peace awareness. These factors are :

1. **Education**

   Education is considered very powerful tools to forward peace education and awareness. Education can promote peace awareness by teaching people how to interact with others and avoid aggression. It can help people to understand the root of inequality, discrimination, and human rights abuses.

2. **Government**

   A well functioning government is a essential elements in promoting peace. Government can affect peace awareness by addressing the root causes of conflict, promoting social cohesion, and enhancing resilience. Good governance can help state stable and peaceful societies.

3. **Resource distribution**

   Peaceful countries tend to assure equity in access to resource such as health, education and to a lesser extent, equity in distribution of income. which contributes to a more equitable society and reduces potential conflict triggers streaming for disparities in opportunity and wellbeing; while income distribution also plays a role its many times considered to be a less significant factor in achieving peace compared to access to essential services like education and health care.

4. **Acceptance of the right of other person**

   Peaceful nation enforce precise laws that freedom and guarantee basic human rights and cultural norms and the informal social that relate to behavior of citizenships.

5. **Good relations with neighbors**

   Harmonious relationships with other nations or between ethnic, religious and cultural group within a nation are vital for peace. Countries with positive inside and outside relations are more peaceable and have better functioning government, more politically stable, and have lower levels of organized inside conflict.

6. **Low levels of corruption**

   In societies with highest levels of corruption, resources are ineffectively allotted, often leading to a shortage of funding for necessary services, which in turn can lead to dissatisfaction and civil analysis unrest. Low level of corruption can increase confidence and improve the efficiency of business and the competitiveness of the country.

Peace awareness promotes a healthy lifestyle in many ways such as reducing stress, better sleep, and promoting positive relations, which are necessary for physical and mental health.

1.4 REVIEWS OF RELATED LITERATURE

A literature review must be conducted before any planned study. A review of the related literature besides allowing the research to acquaint himself with Current Knowledge in the field or area in which he/she is going to conduct his research, serves the following specific purpose.

1.4.1 Reviews Related To Mental Health

Makwana and Mistri (2023)explored a research titled, " Mental Health Among College Student of Gandhinagar District". The present study was conducted in order to assess the relationship between college student in a sample from health related colleges. The sample consisted of 120 participants who answered the Mental Health Inventory of Dr. D.J. Bhatt and Geeta R. Gida (1992). Data was gathered from Gandhinagar district. Foranalyzed the score 'f' test was used. Results showed that the boys college student group was having better mental health and the girls college student group. Further, the graduatestudents group was good mental health than the post - graduate students group.

Singh and Kaur(2023)conducted a study entitled, "A Comparative Study of Mental Health Among Students".For sample 300 studentswas selected who studied in college, in which 150 were male and 150 were female. Researcher used Mental Health Inventory by Dr. Arun Kumar Singh and Dr. Alpana Sengupta(2000) for data analyzed. For reason of evaluating the mental health of both boys and girls college student in Sirsa, Haryana.They found that there was a substantial difference in emotional stability, overall adjustment, and security versus insecurity after reviewing the data that had been gathered, but we were unable to detect any difference that were significant in autonomy, self concept, or intelligence. The boys showed greater score than girls students only on one dimension that is security – insecurity when compared.Girl students showed better scores on the overall adjustment and emotional stability as compared to boys students. Al though literature exists where researcher have explored the link between mental health in college students, more investigation

is required because this was not a curable issue which will disappear.The male students showed better score than female students only on one dimension that was security – insecurity when compared. On the other hand, female students showed better scores on the overall adjustment and emotional stability as compared to college male students. Al though literature exists where researcher have explored the link between mental health in college students, more investigation is required because this is not a curable issue which will disappear. Mental health in college students will likely remain the part of conversation about the challenges that studentsface.

Chauhan,Tiwari and Sharma (2022)studied, "Effect of Internet Addiction on Mental Health Among College Student". resent studywas conducted on 80 college students (40 boys and FOR THIS 40 girls) in Ghaziabad city. Data was collected using standardized questionnaires. Internet addiction was measured by "Young's internet addiction questionnaire" and mental health by "VEIT and WARE's mental health inventory". Two way analysis of variance was used to analyze the data. After analyze the data, effect of Internet addiction of mental health was found significant at 0.01 level of confidence while effect of gender difference was found non- significant. Interaction effect also was not found significant at any level of confidence. Internet addiction is affecting the college youth significantly.

Purohit (2022) studied, "Mental Health Among College Students In Relation to Their Gender And Types of Family." Dr. D.J. Bhatt and Geeta R. Fida(1992) constructed mental health inventory and Gujarati translation by Shilpa v. Sidpara (2006) was used. A random sample method was used to select 120 college student out of which 60 were from boys students (30 joint family and 30 nuclear family). and 60 were from girls students (30 joint and 30 nuclear family). Data gathered from north Gujarat. 'f' test was used for the calculation. The result showed that girl students group was lower mental health than boys student group. There was no significant difference in mental health among college students of joint family and nuclear family and also there was no significant difference in the interactive effect of the mean score of mental health with regard to the gender and type of family. The boys college students of nuclear family group is having good mental health than girl college students of joint family group and other group.

Kadar and Samantha (2019)studied, “A Study on Mental Health of Undergraduate College Students”. This research study was conducted with undergraduate students in multiple colleges in Chennai, Tamil Nadu. A sample of 80 students were selected. The Warwick-Edinburgd Mental Well Being Scale developed in 2008' was used. The finding revealed that male students are having l mental well-being when compared to female students. Further, the socio - economic status such as family type and family income played major role to determine the mental health of the adolescents.

Waghmare(2018) conducted a study entitled, “Study of Mental Health Between Male and Female Students”. The purpose of the present study was to examined the effect of location and gender etc. The researcher took 100 students from Jalna city for a sample. The scale used from data collection wasMental Health Inventory by Dr.Arun Kumar Singh and Dr. Alpana Singh Gupta (2005).Gender and location were considered a dependent variable. Data were analyzed by Mean, SD, and 'f' values. Result showed that female students havegood mental health than male students likewise rural students have lower mental health then urban students.

Kaur (2017) conducted a study entitled, “A Study of Mental Health Among College Students in Relation to Depression”.The sample of 62 college students were selected by random sampling technique from Government Degree College Patti and Tarn-Taran affiliated to Guru Nanak Dev University Amritsar only. The descriptive statistics i.e. Mean, Standard Deviation, ANOVA and Karl Persons Product Moment Correlation were used to analyze the data. The result demonstrated that mental health was negatively and significantly correlated with depression among total female, rural, urban and humanities and BC(Backward Classes) and general group of college student, but negatively and not significantly correlation in male group, science and commerce stream students with depression.

Singh (2016) studied, “Gender, Education Stream and Mental Health”. This research was constructed to study the independent and interactional effect of Gender and education stream on mental health of college students (age group 15 to 20 years). A sample of 390 students (195 male and 195 female) from Arts (130 students) stream were choose for the study. The mental health battery developed by Dr. Arun Kumar Singh and Dr. Alpana Singh Gupta was used to collect the data. Result showed that male and female have no significant difference. Mental health of arts, science and

commerce stream have significantly better mental health than the male students of science and commerce stream. While female students of science stream have significantly better mental health than the female students of arts and commerce stream. There was a significant gender difference in arts stream while there was no gender difference in science and commerce stream students.

Manonmani (2013) studied, "Role of the Stream on the Level of Mental Health Among Undergraduate Students". The sample was collected from first grade College, Mysore for present investigating. Total 61students sample was selected to acquire the stipulated objectives of descriptive casual comparative method of research was followed. Data was analyzed by administering the semi structured interview schedule, mental health screening questionnaire. The data was analyzed through mean, percentage, SD and one way ANOVA for the comparison of mean score among groups with the help of SPSS 21. The finding reveled that there was no significant influence of course on mental health among undergraduate female students.

Vaghela (2013)conducted a study entitled, "A Study of Mental Health of the College Students in Relation to their Gender and Faculty". The variables included for the study apart from mental health are Gender and faculty. A 80 students sample (40 boys and 40 girls) selected by randomly from the Commerce and arts college. Dr. Ashwin kandari, DrHarkant Badami and Dr Charulata Badami was developed standardizes questionnaire for this study. The data was analyzed to examine the influence of individual factors on mental health variables. For calculation the result t-test was used. Result showedthatgirls and boys was no significant mean difference, arts and commerce college students.

1.4.2 Reviews Related To Peace Awareness

Biswas (2024) conducted a research and title, "impact of peace education on college student in India". The purpose of the research was to examine the impact of peace education on college students. This study examines the college environmental policies and the academic, social and personal dimensions of college students. It addresses the challenges that prevent the promotion of peace education. Result showed that peace education holds a very important place in promoting the culture of cooperation and enhancing tolerance, non-violence and non- strife in various socio cultural contexts of

India. The finding underscore the importance of integrating peace education into the curriculum, enhancing teacher training and promoting mass participation to maximize its effectiveness.

Gul (2024) explored the relationship between undergraduate students peace awareness and academic anxiety. Employing a descriptive survey approach, the researcher gathered data from a sample of 500 students randomly selected from various colleges in Jammu and Kashmir. Data Collection tools included the Academic Anxiety Scale (Singh and Gupta, 2013) and the Peace Awareness Scale (Ahmed Anjum, 2018). The study indicated that higher peace awareness level correspond to lower or moderate level of academic anxiety. These findings emphasized the importance of peace education in mitigation academic anxiety. By fostering peace awareness, educational institutions can contribute to reducing anxiety levels among college students, intimately promoting their well- being and academic success.

Senapati and Paroi (2024) conducted a study entitled "A Systematic Review on Peace Education". The paper has been prepared by following a systematic review method. Secondary data collected from different sources like journal, articles, periodicals and books. Fifty articles were included in final analysis. This study theoretically describes concept of peace, peace education, aims & objectives of peace education, dimensions of peace education and found that Peace is an abstract concept. It can never fully express orally or in writing. The power of deep feeling is needed to understand. Peace resides in the human mind, by controlling our mind we could attain the mental state such as –nonviolence, self-respect, respect for others, gender equality, respect for life, global concern, ecological concern, cooperation, openness & tolerance, justice, social responsibility, positive vision. This mental state is complete opposite of violence, anger, rage, hatred, envy, conflict, fear, despair, injustice. Peace education is an approach of eliminating the conflict and violence produced by unrest, inequality, hostility, injustice, human rights violations and implementing the ways and means of practicing the same to effective teaching-learning process in order to produce responsible global citizens to accomplish and propagate the peace in the world.

Mahata and Kar (2022) conducted a study entitled, "Study the Attitude of UG Level Students Towards Peace Education". The present study was conducted for measuring

the attitude of UG level student towards peace education in Purulia by taking 160 students from different colleges under Sidho-Kanho- Birsha University. Descriptive survey method has been adopted for this present study. A well designed self made questionnaire has been used to collect the primary data. The study reveled that male and female students , rural and urban, arts and science students and reserve and un reserve students have equal attitude towards peace education but the study also shows that male students shows slightly negative attitude towards peace education as compare to the female students, urban students shows slightly negative attitude towards peace education as compare to the rural students, un-reserve students shows slightly negative attitude towards peace education as compare to the reserve students and arts students shows slightly negative attitude towards peace education as compare to the science students but the study also shows that male students shows slightly negative attitude towards peace education as compare to the female students,urban students shows slightly negative attitude towards peace education as compare to the rural students, un-reserve students shows slightly negative attitude towards peace education as compare to the reserve students and arts students shows slightly negative attitude towards peace education as compare to the science students.

Sarkar and Awal (2022) conducted a study entitled, " A Study of College Students Attitude Towards Peace Education". In this study, the researcher studied the determine the college students Attitude towards peace education in the Alipurduar district of West Bengal. Descriptive survey method was used by researcher for this study. 80 college students comprised for this study only who are studying in the 5th semester, including (40 female and 40 male college students similarly 40 rural and 40 urban college students, and 30 general category college student and 50 reserved category college students out of 80 as it is). Researcher used A-5 point attitude scale.Study showed that the majority of college students have a favorable Attitude Towards Peace Education.

* The present study found that Male and Female college students have a significant difference in Attitude Towards Peace Education.
* In the present study analysis of the data, the Mean score indicates that Rural college students have a better Attitude than Urban college students towards Peace Education.

* The analysis of the present study displays the mean scores that depict General category college students have a better attitude than Reserved category college students towards Peace Education

Ogunsanwo (2021) studied, impact of conflict management strategies in maintaining peace culture in academia especially among the undergraduates. The study adopted a descriptive survey research design of an ex post facto type. Two research hypotheses were formulated and tested at 0.05 level of significance. Self-developed instrument and one already validated instrument were used for data collection. A sample of 1800 participants that were randomly selected from 6 universities in South West Nigeria. Data were analyzed using descriptive analysis, regression and t-test Statistical Analysis. Found that study indicated significant prediction of the use of conflict management strategy on peace culture among undergraduates (F (1, 1798)= 18.709; P<. 000). Study indicated a significant difference in the undergraduate perception of university peace culture (MD= 8.38; t= 5.205; P<. 05). It was therefore recommended that the school management should ensure that non-violent means employed as an intervention technique for conflict resolution in schools which further encourage peaceful co-existence and teamwork between students, staffs and other members of the school community

Sarkar and Bhattacharyya (2019) conducted a study entitled, "Attitude of Teachers and Students towards Peace Education." Study aimed to investigate the attitude of teachers and students towards Peace Education. Descriptive survey method used in this research and 150 samples were purposely chosen. The investigator has taken 50 college teachers and100 students at the under-graduate level by using purposive sampling technique. Data were gathered with Peace education Awareness Self-Constructed Questionnaire with Attitude Scale, which was developed by the researcher himself. The combined scores of teachers and students were attitude of teacher and students towards Peace Education. For study t-test was used. The finding showed that, there was significant difference between students and teachers towards peace education. It revealed that the students shows more negative attitude towards peace education as compare to the teachers. It was found that, there was no significant difference between the attitude of male teachers and female teachers towards peace education. It reveals that the male teacher shows slightly negative attitude towards peace education as compare to the female teachers. This analysis displayed that, there

was no significant difference between attitude of male students and female students towards peace education. It revealed that the male students showed slightly negative attitude towards peace education as compare to the female Students This investigation showed that, there was no significant difference between attitude of urban students and rural students towards Peace Education.

Ahmed and Iftikhar (2017) explored, "The Study of Peace Awareness Among Undergraduate Students". The present study aimed to find out the Awareness of peace education among the undergraduate students of the Aligarh Muslim University, Aligarh. A 300 sample of undergraduate student and stratified random sampling was have more peace awareness than the social science girls. It further showed that science girls have more peace awareness than the social science girls. The boys of all streams i.e. social science, Science and arts students have same awareness about their inner peace. The peace with nature awareness is found to be equal in both boys and girls in all the stream.

Chehimi and Joudi (2017) studied, " The Need for Peace Education for University student in Lebanon". The total number of 200 Lebanese university students, who willingly provided their email addresses. The number of participants who responded fully to the survey was 119, making the response date 99.2 %. This research is exploratory in nature based on mixed method approach which combines both qualitative and quantitative method. Research outcomes serve as a foundation for further research, Application and or implementation of peace education in the curriculum of Lebanese University.Results show that respondents are 49.6% (59/119) males, and 50.4% females 60/119. Furthermore, results showed that 52.94% (63/119) of the respondents are sophomore students; 22.69% (27/119) are junior students; and 24.4% (29/119) are senior students.

1.5 NEED AND SIGNIFICANCE OF THE STUDY

In the present education system particularly in India there is a shift towards a more holistic and skill oriented approach but with advancement there are many problems related to physical and mental health of students. Due to everyday habits and routines, such as physical activity level, sleep, diet, and stress management, all have a direct impact on your physical fitness and musculoskeletal issue due to lack of

physical activities. Stress or anxiety due to pressure to perform academically coupled with competitive environment, sleep deprivation,social isolation and low self esteem are the main factors during preparing for competitive exams.

Mental health is important at every stage of life and it is a basic human right. It also crucial for personal, community and social economic development. Mental health of children is very important for efficient learning and proper development of personality. Because it is only due to the good mental health the children will be able to adjust himself in the society. The individual should be mentally healthy for both internal and external adjustment. Mental health affects how we think, feel and act. It includes our emotional, psychological and social well Wings. Mental health helps to determine how we handle depression, stress, and anxiety from life and make healthy choices. Undergraduate students are in the development stage of adolescence. At this stage, students have to face many mental problems and along with this, there are many conflicts in the minds of the students due to which children are not able to do mental work properly and even in the future the child is not able to take any kind of decision.The peace awareness and mental health of undergraduate students is very important. After a wide review, many researches were found on peace awareness but was not with respect to mental health, gender, locale, stream in a combination. This study will then provide suggestion to the undergraduate student about peace awareness and mental health and will also make other parents aware about peace awareness and mental health.In this era everyone needs to have peace awareness for a healthy and stress free living.

Peace education is important for students, because it helps them develop attitude and skills that can lead to a better and safer world. Peace education helps students how to prevent and resolve conflict peacefully. Peace education goes beyond the concept of making a living. It teaches the student how to maintain harmony and peace in the world and have critical and logical thinking. The main concept of peace education is to make people aware about significance of peacemaking and to develop a positive environment. Peace education also promotes the total Welfare of students, advocates for their justice and promotes individual and social responsibility. Peace education is crucial for individuals of all ages, but it is particularly impactful when introduced at an early stage in life. As children mature, they develop their own perspectives and learn how to engage with those around them. Peace education offers

young people valuable skills for effective group collaboration and interpersonal communication, helping them become collaborators rather than competitors, both in school and later in life. It equips children with the tools to approach conflict creatively and non-destructively, fostering harmony within themselves, with others, and in their broader environment. Peace-building is a universal responsibility, a challenge for all of humanity. Peace education serves as a preventative measure to protect children from being influenced by societal violence. Its goal is the holistic development of the child, instilling higher human and social values. In essence, it seeks to nurture a set of behaviors that promote peaceful living and contribute to global peace-building efforts, benefiting all of humanity. This approach addresses conflict and violence on various levels—from global and national to local and personal—while exploring strategies for creating more just and sustainable futures. Peace education is comprehensive, focusing on the physical, emotional, intellectual, and social development of children, all within a framework grounded in traditional human values. It emphasizes love, compassion, trust, fairness, cooperation, and respect for all life on our planet.

1.6 STATEMENT OF THE PROBLEM

"MENTAL HEALTHANDPEACE AWARENESS OF UNDERGRADUATE STUDENTS IN RELATION TO THEIR GENDER, LOCALE AND STREAM"

1.7 OBJECTIVE OF THE STUDY

Keeping in view the statement of the problem and by reviewing the related literature the researcher has framed the following objectives:

1. To study the 'mental health' of undergraduate students.
2. To study the 'peace awareness' among undergraduate students.
3. To study the 'mental health'(overall and dimension wise) of undergraduate in relation to their :
    - Gender
    - Locale
    - Stream
4. To study the interaction between :

- Gender x Locale
- Gender x Stream
- Localex Stream
- Gender x Localex Stream

with respect to 'mental health'(overall and dimension wise)' of undergraduate students.

5. To study 'peace awareness' (overall and dimension wise) among undergraduate student in relation to their :
    - Gender
    - Locale
    - Stream
6. To study the interaction between:
    - Gender x Locale
    - Gender x Stream
    - Locale x Stream
    - Gender x Locale x Stream

with respect to 'peace awareness' (overall and dimension wise) among undergraduate students.

7. To study the correlation between mental health and peace awareness of undergraduate students.

1.8 HYPOTHESES OF THE STUDY

The following are the hypotheses of the present study corresponding to its objectives:

$H_0$1. There will be no significant difference in 'mental health'(overall and dimension wise) of undergraduate student in relation to their:

- Gender
- Locale
- Stream

$H_0$2. There will be no significant interaction between:

- Gender x Locale
- Gender x Stream
- Locale x Stream
- Gender x Locale x Stream

with respect to ‘mental health’(overall and dimension wise)of undergraduate students.

H_{03} There will be no significant difference in ‘peace awareness’(overall and dimension wise) among undergraduate student in relation to their:

- Gender
- Locale
- Stream

$H_0$4 There will be no significant interaction between:

- Gender x Locale
- Gender x Stream
- Locale x Stream
- Gender x Locale x Stream

with respect to ‘peace Awareness’ (overall and dimension wise) of undergraduate students.

$H_0$5. There will be no significant correlation between ‘mental health’ and‘peace awareness’ of undergraduate students.

1.9 DELIMITATION OF THE STUDY

This study will be delimited to following aspects:

1. The study will be restricted to Himachal Pradesh.
2. The study will be restricted to a sample of 1000 students.
3. The study will be restricted to undergraduate student of government colleges of Himachal Pradesh affiliated to Himachal Pradesh Universityand Sardar Patel University.

4. The study will be delimited to two dependent variables (Mental Healthand Peace Awareness) and three independent variables i.e. Gender, Locale and Stream.

1.10 OPERATIONAL DEFINITION OF KEY TERMS

1. **Mental Health**

   Mental health includes emotional, psychological and social well being influencing how one thinks, feel and act.

2. **Peace Awareness**

   Peace awareness can be defined as the extent of knowledge about peace education which is a process by which one can change their attitudes and behavior about violent conflicts.

3. **Undergraduate Students**

   Undergraduate students here refers to those students who are enrolled in BA, B.Sc, B.Com courses in colleges affiliated to Himachal Pradesh University and Sardar Patel University.

4. **Gender**

   Here, gender refers whether the taken as sample are male and female of undergraduate students.

5. **Locale**

   In the present study, locale represents the locality of undergraduate students whether they belongs to rural or urban area.

6. **Stream**

   It refers to whether the undergraduate student has opted the science(Medical and Non-Medical) or Art stream (Arts and commerce)

1.11 RESEARCH METHODOLOGY

Survey technique under descriptive research method will be applied in present study.

1.12 SAMPLING

In the present study, multistage sampling procedure along with the convenient and quota sampling will be applied. Initially, 12 districts will be listed in an ascending order on the basis of enrollment rate of students in Himachal Pradesh and top four

districts will be selected. In the next stage, colleges will be selected by random sampling technique (lottery method). Finally, a total of 1000 college students will be selected through quota sampling technique in the present investigation.

1.13 VARIABLES OF THE STUDY

Dependent Variables

In the present investigation, following variables are considered as dependent variable:

- Mental Health
- Peace Awareness

Independent variables

Following variables are considered as independent variable :-

- Gender
- Locale
- Stream

1.14 RESEARCH TOOLS TO BE USED

- Mental Health scale (2017) constructed by Dr.Sushma Talesara and Akhtar Bano.
- Peace Awareness Scale (2018) constructed by Dr Anjum Ahmed.

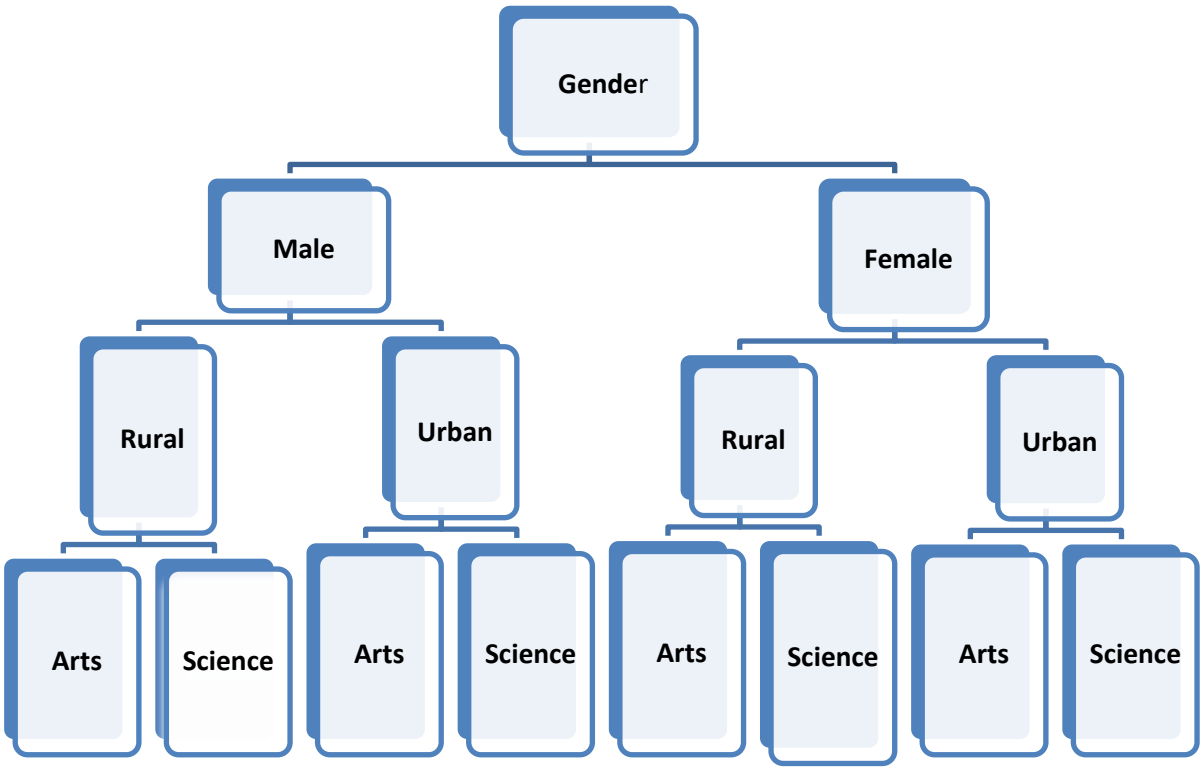
1.15. RESEARCH LAYOUT

In the present study 2x2x2 factorial design will be used to analyze the main and interaction effect of independent Variables (Gender, Locale and Stream) on Mental Health and Peace Awareness of undergraduate students.

Table-1

Layout of the 2x2x2 factorial design

(Gender, Locale and Stream)

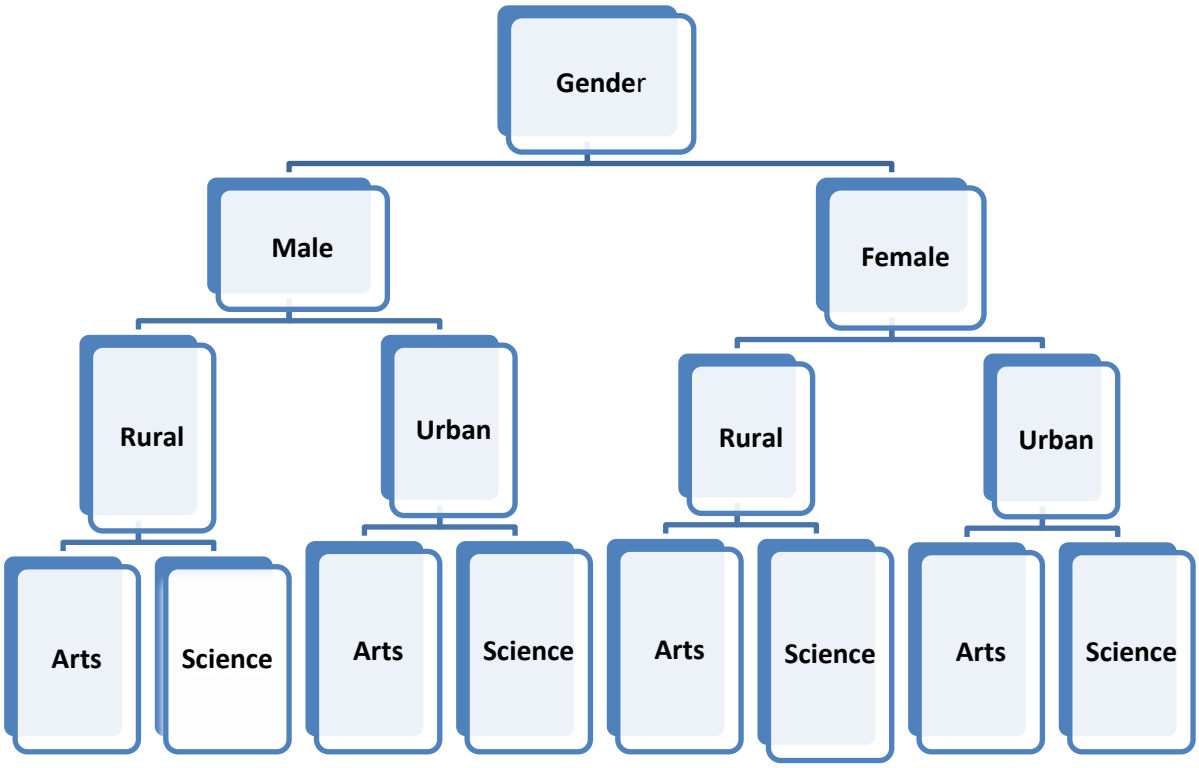


Mental Health Score for eight groups.

Table-2

Layout of the 2x2x2 factorial design

(Gender, Locale and Stream)



Peace Awareness Score for eight groups.

1.16 STATISTICAL TECHNIQUES TO BE USED

For Analyze the data obtained after successful administration the tools, different types of statistical techniques will be employed for checking the normality of data descriptive statistics like mean, median, standard deviation and t test will be calculated.To study the interaction effects of gender, locale and stream among undergraduate students, the statistical technique of analysis of variance (ANOVA) will be applied. The product moment correlation by Karl Pearson will be used to analyze the correlation between different variables.

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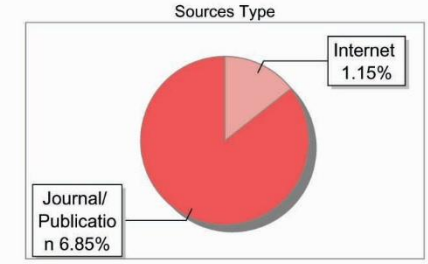

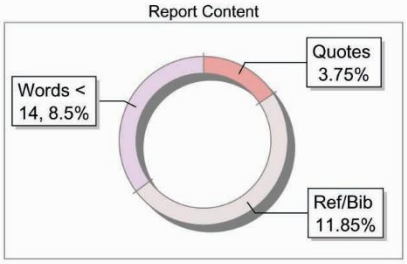

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